
Physical Training Test Standards

The Metropolitan Police Department uses the Cooper Standard for Law Enforcement for age and gender.

Prior to recruits graduating from the academy they are required to meet the minimum standard at the 60% level for the following:

- Push ups
- Sit ups
- 1.5 mile run
- 300 meter run

Recruits that do not meet this standard will be recommended for removal from the training program.

For more information on physical fitness standards visit:

<http://mpdc.dc.gov/node/67652>



Maurice T. Turner Jr. Metropolitan Police Academy



Recruit Preparation

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Boots: Boots styles vary, but they must be shined to a high luster. You can look for these on-line or go to your nearest police supply or uniform store. As a suggestion you may want to purchase a high top for a better ankle support.



Socks: Additionally black or dark blue socks are required.



Classroom Supplies: Police Style Reporters style notebook, Pushbutton Black ink pens, Red Ink pen, Black #2 Pencil, Note Pad & Paper, Table (option), Laptop (option) Pens, notebook and note pad required first day.



Items to purchase:

Gym Supplies: Plain Gray Cotton Shorts, w/ draw String, Gray Cotton Tee Shirt, Compression Shorts, Sports Bra, Running Shoes, Sweat socks, Black Sweat Shirt, Black Sweat Pants, Gym Bag, 32 oz Water Bottle, Combination Lock



Seasonal Equipment: Cotton solid black in color sweat pants and sweat shirt (draw string, no logos, zippers or hoods). Cold weather hat, solid black in color, no logos and no skull caps. Cold weather gloves solid black in color.

Hygiene Products: Deodorant, Hand towel, Bath/Pool Towel, Shower Shoes (Rubber or Plastic) Soap. Body wash, Body Oil, Lotion, Comb & Brush



Uniform Supplies: Black paste shoe polish, Shoe Brush, Liquid Black Shoe polish, Brasso Metal Polish, Solid brass belt buckle, 1.5" Garrison Belt, Shirt Stays, Lint Roller

